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# Pentagram

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**JBM-HH  
Easter  
Sunrise**

**at Arlington National Cemetery  
Featuring guest speaker  
CH (Brig. Gen.) Andrew R. Harewood**

**Virtual service starts 6:30 a.m. April 4**  
**[www.facebook.com/jbmhh](https://www.facebook.com/jbmhh)**

## Virtual Easter Sunrise Service to be held at Arlington National Cemetery

### By JBM-HH RSO

The annual Easter Sunrise Service, hosted by Joint Base Myer-Henderson Hall, will be live streamed via Facebook beginning at 6:30 a.m. April 4 from Arlington National Cemetery.

This year, the Easter Sunrise Service will be held at the event's traditional location — Arlington National Cemetery's Memorial Amphitheater. Due to COVID-19 mitigation protocols and limitations on large group gatherings, this year's service will be virtual — live streamed for public viewing.

The Easter Sunrise Service will be a Protestant service and will begin with the call to worship at 6:30 a.m. by Chaplain (Col.) Michael T. Shellman, command chaplain for the Joint Force Headquarters — National Capital Region / U.S. Army Military District of Washington. The deputy chief of chaplains for the Army Reserve, Chaplain (Brig. Gen.) Andrew R. Harewood, will deliver the Easter message.

According to one of the Easter Sunrise Service coordinators, the deputy chaplain at Joint Base Myer-Henderson Hall, Chaplain (Maj.) Scott Kennaugh, "The

Easter Sunrise Service supports military Families and service members by providing spiritual enrichment and supports the joint base command's mission to provide for the free exercise of religion in the military."

To keep the number of personnel on site as low as possible, participating chaplains will be joined by a brass quartet and four vocalists from the U.S. Army Band, "Pershing's Own," and a sign language interpreter.

In case of inclement weather, the service will be live streamed from the joint base's Memorial

Chapel located on the Fort Myer side of the base.

Please access the JBM-HH Facebook page at <https://www.facebook.com/jbmhh/> at 6:30 a.m. EDT April 4 to view the live feed. Individuals do not need a Facebook account to view the service.

For additional information, please send an email to the Joint Base Myer-Henderson Hall Public Affairs Office at [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil).

**Our values, always**  
**HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP**



# One of Army’s few female tomb guards reflects on accomplishment

By C.J. Lovelace  
Fort Detrick

His uniform was impeccable. His buttons, badges and boots glistened under the auditorium lights. His movements were methodical and perfectly executed. Then a young private first class, Danyell Walters vividly remembers the first time she witnessed the spectacle of what it took to be a sentinel at the Tomb of the Unknown Soldier. Walters, the first African-American woman to serve as a

tomb guard, also remembered that the Soldier performing the routine looked nothing like her. However, that was hardly an impediment for what she knew she could achieve. “What I admire most of my younger self was that when I saw the tomb guard presentation, I looked past that it was a man standing out there doing that,” Walters said. “I immediately put myself there ... that is what led me to see it through.” During Women’s History Month, Walters, now a sergeant

major serving as the senior enlisted advisor for U.S. Army Medical Logistics Command at Fort Detrick, Maryland, reflected on her time as a tomb guard nearly 25 years ago. At age 22, then-Sgt. Wilson became one of just four women to serve as a tomb guard with the 3d U.S. Infantry Regiment, known as “The Old Guard.” She followed Sgt. Heather (Johnson) Wagner, who was the first woman to earn her tomb guard badge in 1996 after the Army opened the assignment to women a few years earlier.

training regimen that went into the assignment, but as a military police officer with high standards of appearance and a desire for perfection in all she did, it was something that came naturally to her. She said she was proud to be able to set an example and be an inspiration to future female Soldiers to know that, despite traditional societal norms and hurdles, whatever they wanted to achieve was possible. “I think it’s easy when you have someone who looks like you doing something that hasn’t been done before to get inspired,” she said. “Because now you know your potential is limitless. Even if there’s barriers there, you’re more motivated to penetrate through them.” Walters’ drive to succeed began as a teenager growing up just outside Montgomery, Alabama. The oldest of four siblings to a single mother, she attended an all-Black school where teachers shared a passion to celebrate their heritage and never let it be a barrier to future success. As she graduated high school, Walters, who latched onto the former slogan “Be All You Can Be,” saw the Army as an opportunity. It turned out to be a lifetime of opportunity for Walters, who reenlisted in 1998 as a medical logistician. In February, she marked 28 years of active-duty service. Since joining AMLC, Walters has served as a leading voice for Soldiers throughout the organization, as well as its Project Inclusion campaign to work toward the Army’s goal of promoting diversity, equity and inclusivity and building a more cohesive workforce. “I never thought I would have a story to be told,” Walters said, looking back on her time as a tomb guard. “But I’m thankful that I do ... hopefully, our stories can inspire others to look past barriers and reach their full potential.”



*Photo courtesy of Sgt. Maj. Danyell Walters*  
Then-Sgt. Danyell (Wilson) Walters takes her watch as a sentinel at Tomb of the Unknown Soldier at Arlington National Cemetery in 1997. Walters, now a sergeant major and senior enlisted advisor for the U.S. Army Medical Logistics Command, is one of just four women to serve as a tomb guard with the prestigious 3d U.S. Infantry Regiment, known as “The Old Guard.”

Breaking down barriers was the last thing on Walters’ mind when she took her first daylight watch over the tomb in 1997. She said it wasn’t until afterward — when she was asked if she knew the significance of what she had just done — that she realized. “That was so not my focus,” Walters recalled, as she remained intent on accomplishing the “no-fail mission” of a tomb guard. “... When it came to The Old Guard, the Army was changing when it comes to being diverse in gender, and we were a part of that change.” The Tomb of the Unknown Soldier, located at Arlington National Cemetery, honors the remains of unidentified American Soldiers and is guarded 24 hours a day. The hourly changing of the guard at the tomb is a solemn event that’s attracted crowds in the nation’s capital since it was first opened to the public in 1932. Between ceremonies, a lone sentinel marches 21 steps along a black mat behind the tomb. They turn and face east for 21 seconds, then north for 21 seconds and then retrace their the 21 steps back. The 21 steps and 21-second pauses symbolize the military’s highest honor — the 21-gun salute. Looking back on the experience, Walters recalled the strict



## Pentagram



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# Community

## TOG Soldiers conduct ceremonial training



*Photo by Sgt. Nicholas Holmes*  
Soldiers with the 3d U.S. Infantry Regiment (The Old Guard) conduct ceremonial training on Joint Base Myer-Henderson Hall's Summerall Field March 16.

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# SEAC: DOD will ‘move fast’ against extremism after completion of stand downs

By C. Todd Lopez  
DOD News

The services have just two weeks left to complete a military-wide stand down to conduct training on and discussion of extremism in the ranks with every service member, a task assigned in early February by Secretary of Defense Lloyd J. Austin III.

On April 1, the services must collect data from subordinate commands and provide notification to senior Defense Department leadership about having completed the training for every service member, and any feedback they received during the training stand downs — information the department will use in finding better ways to educate the forces about extremism in the ranks and root it out, Senior Enlisted Advisor to the Chairman Ramón “CZ” Colón-López said.

“I will tell you that we are wanting to move fast on all these initiatives because we’re dealing with people, and we just need to make sure that we provide the results that they need to have an environment that is worthy of serving,” Colón-López said during a press briefing March 18, adding that extremism is not going to be tolerated. “We’re committed to confronting and rooting out extremism in the military.”

The initial training is just the beginning, Colón-López said. In the future, there will be more training and that follow-on-training will be developed and revised based on feedback from the services.

“Training may actually evolve into something else that we need to go ahead and give (to) specific people, like first sergeants as an example, (who) are the ones (who) are gauging the behavior of units,” Colón-López said. “I foresee that there will be some changes coming based on what we learn from people.”

Something else, he said, is that the military services must collaborate on how to set policy regarding extremism and the training on extremism as well, so that it’s relatively uniform across the services, because the future wars the military fights are going to be joint. For that to happen there must be uniformity across all services in how things like extremism are addressed.

“We see that we need to collaborate a lot more,” he said. “Nothing that we do is unilateral by service. Everything that we do is likely to be joint. And if you have a commander that’s in charge of different people ... then I cannot be applying different rules for



Photo by Navy Lt. Lauren Chatmas  
Sailors assigned to Commander, Destroyer Squadron Seven participate in a Navy-wide stand down to address extremism in the ranks March 12.

(one or the other) ... we need to have a common understanding. And that is the direction that the military needs to go.”

Military leaders have speculated that the number of extremists in the ranks is not high, though concrete numbers are not yet available. Colón-López said that right now, what’s important is that those who are in the ranks know the military is seeking them out and will put an end to extremism.

“What is most important to me right now is the prevention of that

behavior,” he said. “Because even if they exist right now, if they know that the department and the institution is looking for that behavior, and wanting to crush it, then they will think twice about performing those acts. “This is all about prevention. We don’t want people to commit criminal activities. The key point here is that we need to make sure that we let our personnel right now, past and present, know that we do not tolerate that behavior, and that we’re going to educate our people to know right from wrong.”



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## AAFES celebrating Vietnam vets Monday



March 29 is National Vietnam War Veterans Day, and Army & Air Force Exchange Service stores around the world are hosting contactless pinning ceremonies to honor Vietnam veterans’ service, valor and sacrifice.

Veterans who served on active duty in the U.S. Armed Forces at any time from Nov. 1, 1955 to May 15, 1975, regardless of location, can receive a Vietnam Veteran Lapel Pin at the ceremony. This lapel pin, which has become a lasting memento of the nation’s thanks, is provided in partnership with the United States of America Vietnam War Commemoration.

“These heroes made selfless sacrifices for our nation,” said Exchange director/CEO Tom Shull, a veteran who served during the Vietnam War period. “Many Vietnam veterans never received the gratitude and respect they deserve. It’s an honor to host these recognition ceremonies and share our heartfelt thanks.”



# Chaplain's Corner

## Huh? What did you say?

By Retired Chaplain (Brig. Gen.) Ray Bailey  
Former Deputy Chief of Chaplains

My mother had an old saying that stuck with me throughout my life. She used to say, “You are given one mouth and two ears. Use them proportionality.” I can’t say I have heeded her advice as often as I should. Many times, I had done just the opposite and ended up with my foot in my open mouth by saying the wrong thing too often. So, how good a listener, are you? I have been doing some research on this topic and discovered that I could improve. I summed up some of my findings in a quick seven-point test I found in the “Leadership” magazine. See how you do.

1. Since you think about four times faster than a person usually talks, do you use this time to think about other things while you’re keeping track of the conversation?
2. Do you listen primarily for facts rather than ideas when someone is speaking?
3. Do you avoid listening to things you feel will be too difficult to understand?
4. Can you tell from a person’s appearance and delivery that there won’t

be anything worthwhile said?

5. When someone is talking to you, do you appear to be paying attention when you’re not?

6. Do certain words and phrases prejudice you so you cannot listen objectively?

7. When listening, are you distracted by outside sights and sounds?

I’m not sure how you did on the test, but I discovered I have fallen prey to some bad habits in listening. And yes, it happens at home just as much elsewhere, possibly more. When I take people for granted for some reason, I find it hard to be a good listener.

Listening may sound a bit trivial, but it is so important to a relationship. Listening is an indication of caring, empathy, connection and humility. It can also be an indication of the deepest love and trust to another you hold dear.

Therefore, here are a couple bonus questions to the listening test. You will get extra credit.

- Do you find yourself listening but not really hearing?
- Do you listen with your heart or just with



your ears?

There is a time limit to the test. It ends at your next conversation.

### Holy Week schedule

For all Catholic services, please register at [jbmhhmcc.com](https://jbmhhmcc.com). The services will be live streamed on JBM-HH RSO’s Facebook page at [https://www.facebook.com/jbmhhhrso/?ref=page\\_internal](https://www.facebook.com/jbmhhhrso/?ref=page_internal).

**April 1, Holy Thursday:** There will be a 5 p.m. Mass at Memorial Chapel.

**April 2, Good Friday:** There will be a 5 p.m. Mass at Memorial Chapel.

Registration for both services opened at 5 a.m. Tuesday for active duty and 5 a.m. Wednesday for all others. Registration closes at 3 p.m. Thursday.

**April 3, Easter vigil Saturday:** There will be an 8 p.m. Mass at Memorial Chapel.

**April 4, Easter Sunday:** There will be an 8:30 a.m. Mass at Memorial Chapel.

Registration for both services opens at 5 a.m. Monday for active duty and 5 a.m. Tuesday for all others.

Registration closes at 3 p.m. Wednesday.

**April 4:** Easter Sunrise Service at 6:30 a.m. at Arlington National Cemetery’s Memorial Amphitheater. The ESS will be virtual — live streamed on JBM-HH’s Facebook page at <https://www.facebook.com/jbmhh/>.

JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.

To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhhrso/> or email the Religious Support Office at [usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil](mailto:usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil). Services are subject to cancellation in the event of inclement weather.

To register for Catholic Mass, contact the Catholic coordinator by email at [info@jbmhhmcc.com](mailto:info@jbmhhmcc.com).

Catholic Mass	Saturday at 5 p.m. and Sunday at 8:30 a.m.
Protestant Service	Sunday at 10:30 a.m.
Gospel Service	Sunday at 12:30 p.m.
Samoan Service	Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass	8:30 a.m.
General Protestant	10:30 a.m.
Gospel Service	12:30 p.m.





**ABLEnow**

ABLEnow is April 15 from 11:30 a.m. to 12:30 p.m. ABLEnow is a new way to save, invest and pay for qualified disability expenses. Eligible individuals can save without endangering certain means-tested benefits critical to their health and well-being. ABLEnow accounts are made possible by the Achieving a Better Life Experience Act, which authorized states to establish tax-advantaged savings programs for individuals with disabilities and their Families. To register, visit <https://www.eventbrite.com/e/ablenow-tickets-142933364541>.

**Virtual play morning**

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

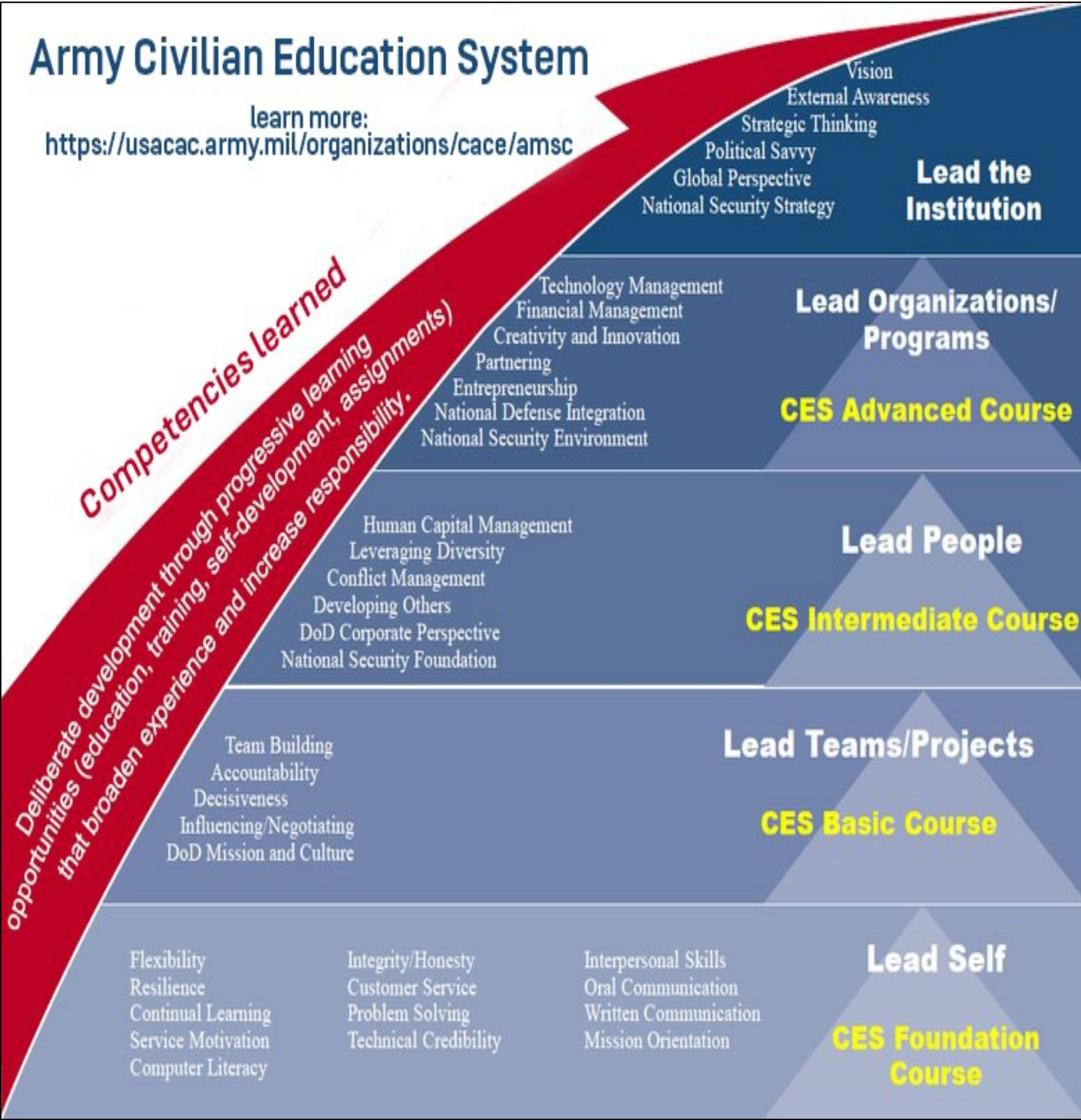
**Baby bundles**

Baby bundles, which is available by request, prepares the home and relationship for the changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety

items. Registration is required. For more information or to request training, call (571) 550-9052.

**ACS YouTube channel**

JBM-HH Army Community Service has announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>. and click “Subscribe” and continue to receive resources available whenever.





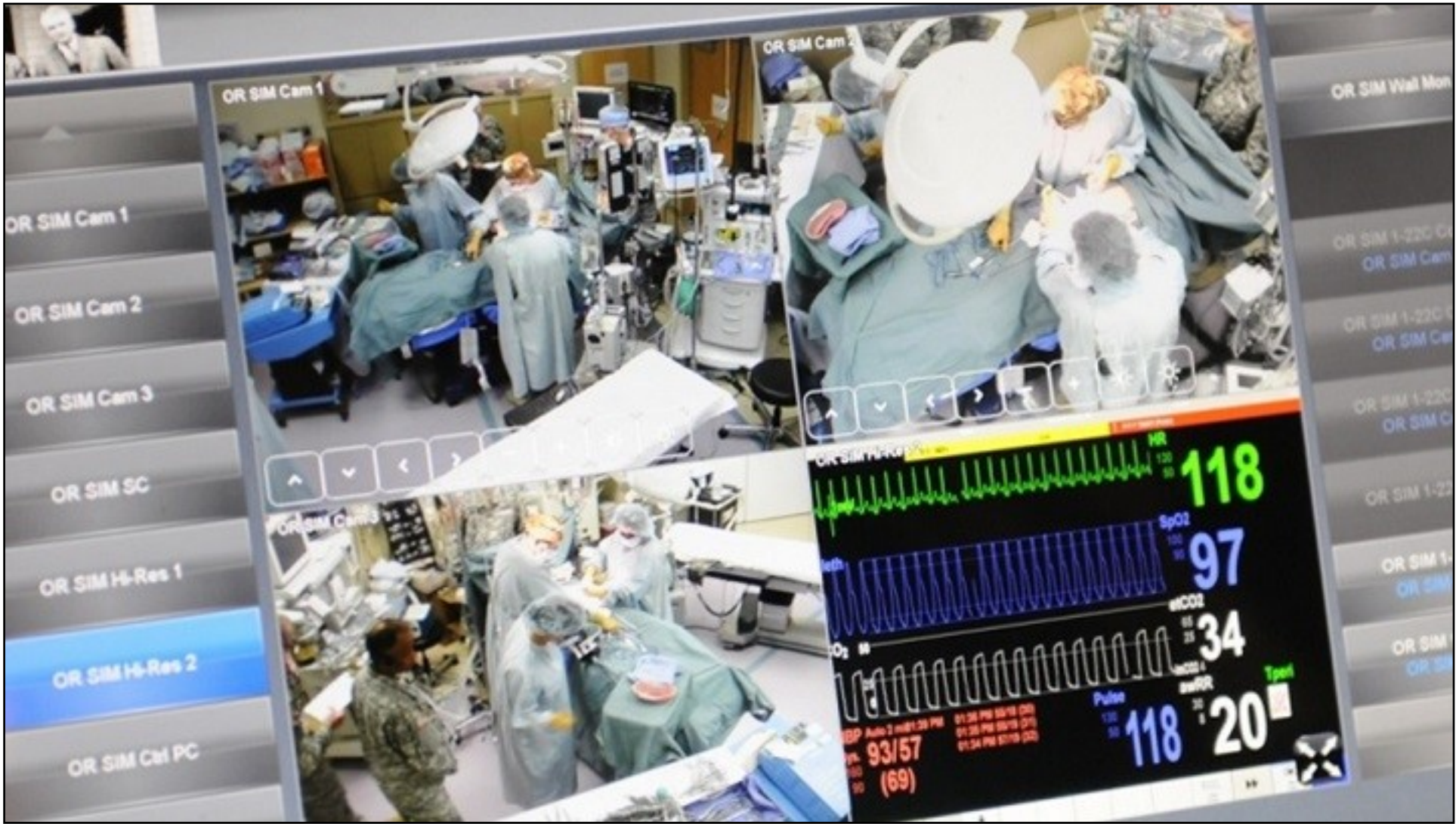


Photo by Staff Sgt. Andrea Merritt

Observer-controller/trainers at the Mayo Clinic Multidisciplinary Simulation Center in Rochester, Minnesota, monitor the vital signs of a simulated patient at the 399th Combat Support Hospital, 804th Medical Brigade, 3d Medical Command (Deployment Support) from Fort Devens, Massachusetts. The exercise was to practice Team Strategies and Tools to Enhance Performance and Patient Safety.

## DODs Patient Safety Program works to eliminate preventable harm

By Military Health System Communications Office

The goal of the Department of Defense’s Patient Safety Program technological programs and systems is to — eliminate preventable patient harm.

Patient safety, which is being highlighted during Patient Safety Awareness Week 2021, is the primary focus of the PSP. The program is designed to engage, educate and equip patient care teams to create and set into motion evidence-based safety practices across the military health system.

The Joint Patient Safety Reporting system is a major part of the PSP. JPSR is a web-based application to standardize the capture of a wide range of patient safety concerns, from unsafe conditions through adverse harm events, including “good catches” across MHS military medical treatment facilities and the Department of Veterans Affairs. It is a critical tool that provides real-time data for local MTF leadership to track and trend data for process improvement and harm prevention, in contrast to other data sources with lag times from weeks to months.

Similar federal reporting systems exist, including the Centers for Disease Control and Prevention/Food and Drug Administration’s Vaccine Adverse Events Reporting System and FDA’s MedWatch adverse event reporting system. All are voluntary reporting, but key to catching a range of issues, analyzing data, and alerting relevant medical facilities around the world.

“JPSR captures, allows for secure investigations and tracks patient safety events that may

result in alerts which can be quickly disseminated to MHS health care providers,” said Brian Anderson, health information technology systems lead and functional manager for JPSR.

Self-reporting of potential adverse events is one of the key components in the MHS’s effort to achieve high reliability, continuously improve, and provide the safest patient care possible.

“Since the JPSR program was implemented for DOD in 2011, we have made many improvements as our health care system has evolved,” said Anderson. “We have added many new medications, vaccines, new electronic health record choices and virtual health parameters. “We now have nearly 18,000 registered account users between DOD and the VA. The near real-time data source is readily available for leadership, in contrast to other quality measures that have long lag times.”

The PSP’s Patient Safety Analysis Center analyzes the JPSR reported data to provide cumulative reports and feedback to MTFs. The analyses are also used to strengthen tools and processes to assist the MTFs and overall system to ensure safe practices.

“We have had a steady climb of JPSR reporting — more event reporting each year increases transparency and learning from events, and processes continue to improve through the capture of near misses and unsafe conditions,” Anderson said.

In the past four years, the JPSR system has expanded to include the U.S. Transportation Command Patient Movement System and U.S. Central Command deployed medical facilities as key partners, along with the VA system and the Joint Trauma System to provide integrated

reporting. The implementation of the new electronic health record MHS GENESIS system, expected to be completed in 2023, also will be closely monitored via JPSR.

Another example of a key PSP tool is the Team Strategies and Tools to Enhance Performance and Patient Safety system, an evidence-based framework of skills for improving patient safety through a comprehensive suite of ready-to-use materials, tools and training materials. The framework is designed to optimize team performance across the health care delivery system.

At the center of the TeamSTEPPS paradigm are the patient, Family and core team, who receive the benefits of effective teams, ensuring effective communication for every patient, every time.

“Through engaged leader, vigilant practice, ongoing training and coaching, the teamwork system is an integral component of our culture,” said Heidi King, DHA chief of the Patient Safety Program for Medical Affairs. “We use medical simulation in most TeamSTEPPS Train the Trainer classes. Simulation allows practice of the strategies and tools as a means to change strongly ingrained patterns of behavior in a low-threat environment. Practicing health care as a team is derived from military operations. Both learning from reported patient safety events and deliberate communication and teamwork enhance a culture of safety for Ready Reliable Care.”

Health care professionals can learn more about the Patient Safety Program and its wealth of resources — including toolkits and guides — at the Patient Safety Program Toolkits and Guides at Health.mil.



**STAY VIGILANT**  
**Report concerns to Base Defense Operations**  
**Usarmy.jbmhh.id-sustainment.mbx.dptms-bdoc@mail.mil**  
**(703)696-5113/5662 Together, keeping JBM-HH safe.**  
**Dial 911 in emergencies. For non-emergency dispatch, call (703)588-2800/2801.**





# Tubman holds honored place in women's military history

By Meredith Mingledorff  
U.S. Army Intelligence Center of Excellence

Born a slave with so little regard for her life, her birth was unrecorded and she suffered torture and starvation for much of her childhood. Hit in the head by an anvil as a young girl, she would also suffer seizures for the rest of her life, yet her disability and situation would not define her. A woman of remarkable strength and courage, Harriet Tubman Davis succeeded in gaining her freedom, and the freedom of thousands more. She would go on to serve the Union Army as a spy, scout and military leader using her skills and experience to move freely and undercover, aiding the Union with significant battlefield successes that helped win the Civil War.

She was born Araminta Ross and called "Minty" by those who knew her before she escaped from a Maryland slaveholder in 1849. Braving the cold and bitter winter she arrived in Philadelphia alone with help from the Underground Railroad. Despite her success, she continued to risk her own life by returning to Maryland repeatedly to free others. She immediately showed the strength and wisdom of a seasoned warrior prepared to eliminate any threat to mission success as evidenced in her accounts of threatening to shoot anyone who considered abandoning the escape once it was underway.

By the beginning of the Civil War in 1861, she already had 12 years of personal experience leading clandestine operations back and forth from North to South. She was well-connected and could safely navigate the dangerous paths repeatedly. She was proud of her service and is recorded as saying she "never lost a passenger and never ran her train off the tracks," but lesser known is her service to the Union Army.

In 1861, Gov. John A. Andrew of Massachusetts recruited Harriet officially to spy for the Union. He assigned her to Maj. Gen. David Hunter, commander, Department of the South, who had responsibility for the Union's activities in South Carolina, Georgia and Florida. She was given documents of service, which provided her access to travel on all Union transportation without charge, and received cash to operate from secret service funds. She used these funds to hire and recruit Black spies along her needed route. They scouted waterways along the coast and provided Harriet with valuable intelligence she could use to plan operations and report to Union officials.

Hunter ordered all slaves in his territory free, which allowed thousands of former slaves to flock to the Union Army for service. The 2nd South Carolina Infantry Division proved the effectiveness of Black Soldiers when they snuck into Confederate territory along the St. Mary's River and seized valuable assets from their enemy. Their raid was successful in part due to Harriet's ring of spies and the valuable intelligence they provided on the area.

Following this success, Hunter asked Tubman to go up the Combahee River to cut off more supplies headed for Confederate territory. She led 300 Soldiers along with Hunter and Col. James Montgomery in the mission, which was described as a "special operation." Tubman was tasked with discovering the placement of explosives along the route to prevent them from being used against Union forces.

With only two of the three gunboats assigned to the mission making it through to their target, Tubman found herself fired upon by Confederate forces, and her team fired back.

Meanwhile, troops on the ground were successfully raiding all of the food supplies on local plantations to prevent future Confederate successes. What they could not take, they burned and caused significant losses to the Confederacy that would last for years.

When the mission was complete, the boats blew their whistles and slaves descended on the fleet to escape to freedom. They took everything they could carry.

Fearing the chaos, one of the gunboat captains asked Tubman to speak to the freed slaves and calm them before they took the mission down with their frenzy. After some thought, she sang to them. True to her reputation, the singing worked and calm ensued for a successful trip to freedom.

Tubman's clandestine service continued for several years, and after the war, she remained in the South to continue gathering intelligence and aided slaves as they adjusted to freedom. Despite having to "take leave" to visit family up North, Tubman was not provided a pension by the War Department for her service. She filed a claim for \$1,800 in the State of New York under the name Harriet Davis and cited her service during the war under the direction and orders of Secretary Edwin M. Stanton, War Department, but her claim was denied and her employment as a spy went largely unrecognized. It was not until the death of her second husband, Nelson Davis, a Union Soldier, that she received any compensation, and at the time of his death, it was for his service, not hers.

She was given recognition by Queen Victoria for her service, but until now, U.S. recognition had been less than she earned through her dangerous work as a Soldier, a spy and an operative for the Union government. In 2020, the Military Intelligence Corps made her an honorary member. In June, she will be inducted into the Military Intelligence Hall of Fame, where she will join 278 other military intelligence professionals recognized for their contributions to the corps, 17 of whom are women.



Harriet Tubman, full-length portrait, standing with hands on back of a chair. Between ca. 1860 and 1875.

*Photo courtesy of dia.mil*

There can be no doubt that women have had active roles in our nation's history. Even long before the United States claimed its independence, women worldwide had been known to lead armies, fight wars and take great personal risks for the causes they believed in. Because they were women, their roles often went unbelieved or highly criticized because they were thought to be inappropriate or impossible for women. We now know these traditional gender roles to be false, and we serve in the most diverse military we have ever had, recognizing the value every member and their family brings to the fight, understanding each individual brings into service unique skills and experiences, which can benefit military success. Harriet Tubman Davis is a testament to the capabilities of African Americans, women and the disabled alike. She embodied the very core of our Army values.

Thanks to thousands of individuals who have supported and defended our Constitution, we are a more free society today than we ever have been. One of those heroes was Harriet Tubman Davis. A leader, a warrior, and a military intelligence operative of the highest caliber. During this Women's History Month, the U.S. Army Intelligence Center of Excellence and the Military Intelligence Corps honor her service.



# Getting more movement throughout day

By **StatePoint**

Working or learning from home? It’s more important than ever those individuals ensure they move throughout the day. Doing so will help keep their mind and body healthy and agile. Here are a few tips to move more throughout the day.

• **Take designated breaks:** While a person’s workplace likely afforded him or her regular opportunities to move around, such as standing to speak to a colleague or attend a meeting, home workspaces often involve a lot less natural movement. Set a timer for regular intervals. Every time a person hears the beep, stretch, move about or take a walk to the kitchen for a glass of water. An individual will be giving his or her eyes a much needed break too. If possible, consider even building a mid-day walk or jog around the neighborhood into the schedule.

• **An individual can track his or her movements:** Wearable tech can help a person stay accountable throughout the day. Some watches, such as smartwatches, have features such as a step tracker, smart

health and fitness functions that can help a person enhance his or her workout. They also feature daily, weekly and monthly activity graphs so an individual can set goals and track his or her progress over time.

• **Mix it up:** There are four types of exercise, according to the National Institutes of Health — endurance, strength, balance and flexibility — and each type has different benefits for a person’s body. Varying workouts can ensure a person gains the benefits of all four types. Need some inspiration? There are plenty of free routines available online, many of which offer modifications to work for different fitness levels. An individual can search for what he or she is looking for and he or



*Photo by Sanja Radin / iStock via Getty Images Plus*  
Using new tools, it’s easier than ever to stay accountable to fitness goals, even when a person is spending a lot of time at home.

she is bound to find some great follow-along programming to meet his or her needs. Moreover, remember, a workout doesn’t need to be a certain length to be beneficial. If a person has only a few minutes to

squeeze movement into his or her day, be sure to take it. Using new tools, it’s easier than ever to stay accountable to fitness goals, even when a person is spending a lot of time at home.

## AER Q1 UPDATE:

7,000

Soldiers assisted

\$10M

Assistance

Most common categories: Housing, Utilities, Vehicle Repair

\$700K

Donations

Did you know?  
\$100K+

AAFES Point-of-Sale  
Donations



# News Notes

## JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for 1 p.m. Thursday. Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Face-book page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil).

## Armed Services Blood Program at JBM-HH Monday

The Armed Services Blood Program of the National Capital Region will host a blood drive at Joint Base Myer-Henderson Hall Monday from 9 a.m. to 1 p.m. The event will take place at the Myer Fitness Center.

Donors are required to have had their last COVID-19 vaccine on or prior to March 14 in order to be eligible to donate Monday.

Appointments are strongly encouraged to ensure social distancing. Walk ins will be welcomed to fill any empty times on the schedule.

To register, visit the ASBP registration site online at [www.militarydonor.com](http://www.militarydonor.com) and fill in the sponsor code FTMYER. For further assistance, contact Donna Onwana at (202) 294-6674 or by email at [donna-lee.onwona.civ@mail.mil](mailto:donna-lee.onwona.civ@mail.mil)

The Armed Services Blood Program is the official U.S. military blood program supporting military service members and their Families worldwide by providing quality blood products and services in peace and war.

Individuals can make it their mission to save lives by choosing to donate blood.

## United through music

Tune in to the U.S. Army Old Guard Fife and Drum Facebook page Saturday at 4 p.m. to enjoy a concert featuring The United States Army Old Guard Fife and Drum Corps, The Hellcats West Point Band, Tambours de L'Armée de Terre, and the Fountain City Brass Band.

For more information and a direct link to the concert the day of, visit the Fife and Drum Facebook page at [www.facebook.com/fifeanddrum](http://www.facebook.com/fifeanddrum).

## Honoring Vietnam veterans

March 29 is National Vietnam War Veterans Day, and the Joint Base Myer-Henderson Hall Exchange is hosting a contactless pinning ceremony to honor the service, valor and sacrifice of Vietnam veterans.

The ceremony will take place at 10 a.m. Monday at the Joint Base Myer-Henderson Hall Exchange. Veterans who served active duty in the U.S. Armed Forces at any time from Nov. 1, 1955 to May 15, 1975, regardless of location, can receive a Vietnam veteran lapel pin at the ceremony.

Veterans who do not have access to the base should visit the Visitor Center at Hatfield Gate. Contact the Joint Base Myer-Henderson Hall Exchange at (703) 522-4575 with questions.

The event will be contactless, and face coverings and safe social distancing will be required for attendees.

## Local Jewish services

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families.

For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at [saralyn.astrow.ctr@mail.mil](mailto:saralyn.astrow.ctr@mail.mil) or phone at (703)-806-3393.

## Virtual Tuba Euphonium Workshop

The 2021 annual Tuba Euphonium Workshop will be virtual starting at 10:30 a.m. Saturday.

Join in live on the U.S. Army Band Tuba Euphonium Workshop Facebook page and the U.S. Army Band YouTube page. The day includes educational discussions and classes featuring Dr. Danielle VanTuinen, Marine Master Gunner Sgt. Mark Jenkins, Chris Olka and Mike Roylance. The workshop features performances by Staff Sgt. Aaron Eckert, Sgt. 1st Class Chris Buckley, Carol Jantsch, Marine Gunnery Sgt. Hiram Diaz, Tom Holtz, Moreau VanTuinen Duo, the George Mason University Tuba Euphonium Ensemble, the University of Florida Tuba Euphonium Ensemble, the University of Georgia Tuba Euphonium Ensemble and the United States Army Tuba Euphonium Quartet.

Watch the mock euphonium audition finals and the mock tuba audition finals.

The livestream locations are [www.facebook.com/TUSABTEW](http://www.facebook.com/TUSABTEW) and <https://www.youtube.com/us-armyband>.

## Death notice

Anyone with debts owed to or by the estate of Spc. Travis M. West, 289th Military Police Company, 4/3 Infantry, Joint Base Myer-Henderson Hall, VA 22211 must contact 1st Lt. Peter Chapin, the summary court-martial officer for the Soldier. West recently passed away March 13. Chapin can be reached at (540) 319-3269 or at [peter.s.chapin.mil@mail.mil](mailto:peter.s.chapin.mil@mail.mil).

## Clinic answers COVID-19 questions

Rader Clinic has developed a public service announcement to address all the frequently asked questions about the COVID-19 vaccine being administered by the clinic. Please take a moment to view this important video, where a person can meet the Rader Health Clinic team and educate him or

her about the vaccine to protect loved ones and the community.

Please access the following link to view the video at <https://www.facebook.com/jbmhh/videos/861733764381647>.

## Honoring Women's History Month

JBM-HH Equal Opportunity office will release its Women's History Month Virtual observance Wednesday at 11:30 a.m.

The observance will be on Facebook, and highlight Army leaders including Lt. Gen. Laura Richardson, commanding general of United States Army North and Brig. Gen. Amy Hannah, chief of Army public affairs.

The observance can be watched via the joint base Facebook page at [www.facebook.com/jbmhh](http://www.facebook.com/jbmhh). Once the observance is posted, viewers may watch it at any time. Likewise, past observances can be viewed via the videos album on the joint base Facebook page.

## Army fitness centers expand hours of operation

The Forts Myer and McNair gyms are now open Monday through Friday for DOD ID cardholders. All patrons must wear masks at all times in all JBM-HH gyms, to include during active exercise. Occupancy at both gyms is limited to 50 patrons at a time on a first-come, first-served basis.

The Myer Fitness Center is open weekdays from 5 to 7:30 a.m., 11 a.m. to 1 p.m. and 4 to 6 p.m. The McNair Fitness Center is open Monday through Friday from 5 to 10 a.m. The Patton Hall Pools remain closed. The Smith Gym is open to active duty Monday through Friday from 5 to 7:30 p.m., 11 a.m. to 1 p.m. and 4 to 6 p.m. On weekends, Smith Gym is open to active duty from 8 to 11 a.m. and noon to 2 p.m. The locker rooms have reopened for active duty only. Zembiec Pool is closed due to an issue with the dome heating system in the facility. Updates will continue to be shared at the JBM-HH Virtual COVID-19 Town Halls and at [www.facebook.com/jbmhh](http://www.facebook.com/jbmhh).

## Face covering policy updates

As previously reported, the joint base has been following the secretary of defense's face mask guidance requiring all individuals on JBM-HH to wear face masks at all times in accordance with the most current CDC guidelines. Individuals must wear face masks continuously while on JBM-HH, with some exceptions.

A memorandum from senior Military District of Washington Commander Maj. Gen. Omar Jones provides additional guidance and exceptions to policy that address service members performing ceremonial duties, band member rehearsals and performances, personnel speaking in a formal capacity and personnel conducting offi-

cial Army physical testing events. Exceptions address residents and those conducting outdoor physical activity on base. Installation residents may remove masks while in personally owned vehicles with members of their own household and while in their private yard with members of their own household. Masks will be worn in community areas such as playgrounds and parks.

Guidance includes clarity on how the policy applies to outdoor physical activity. Individuals may remove masks while actively conducting physical training outdoors. Individuals will maintain 6 feet of separation from other individuals who are not members of their immediate Family. If conducting physical fitness in a group and physical distancing of 6 feet of separation cannot be maintained, a mask is required. Physical activities include cardiovascular development, muscular strength/endurance development, and low intensity outdoor activities (ex. dog walking).

This policy will continue to be updated, and updates will be provided on PAO's platforms, including the JBM-HH website, Facebook page and at JBM-HH Virtual COVID-19 Town Halls.

## Army Emergency Relief scholarship opportunities

The Army Emergency Relief Maj. Gen. James Ursano Scholarship Program is a need-based scholarship program established to assist children of Army Soldiers in obtaining their first undergraduate degree. Applicants may receive assistance for up to four academic years but must meet eligibility criteria and reapply each year.

Award amounts vary each year based on the number of applicants, total approved scholarship budget, the expected family contribution found on the Free Application for Federal Student Aid Report, and the average cost of attendance of a college or university in the United States, provided by the College Board. The application cycle runs through April 1. For more information, visit <https://www.armyemergen-cyrelief.org/scholarships/child/>.

## Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.